

RAKKASAN REPORT

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IMPACTing All Soldiers

By Pfc. Kenia Kraus
3rd BCT Public Affairs

Leaders in the Rakkasans group recognizes the importance of training every Soldier, regardless of MOS, in tactical combat skills. They did this by implementing the



Photo by Staff Sgt. Jesse C. Riggins

Sgt. David Hubert, Little Impact instructor, begins a demonstration on the Urban Combat Course.

Little IMPACT training program; an abridged version of the BCT level Intensified Marksmanship and Advanced Combat Techniques (IMPACT) training.

IMPACT is a training program designed to train Soldiers in the latest marksmanship and urban combat concepts and techniques.

Little IMPACT ran from July 11- 22 in random day and night iterations. The two week program is focused on getting Soldiers out of the usual qualification ranges and into urban combat settings.

3/320th FA, 81st BTB, and 626 BSB, chose 27 NCOs to receive the training.

All the instructors for little IMPACT are brigade-level certified IMPACT NCOs who have graduated from the original program.

"The support battalions usually don't get this kind of training and the way the conflict in Iraq is going where there are no

defined enemy lines, everybody is subject to combat," said Staff Sgt. Joshua Owen, HHC, 3rd Brigade, IMPACT instructor. "We feel every body needs this type of training."

IMPACT began with zeroing and qualifying in basic rifle marksmanship gradually building on to advanced precision marksmanship taught by civilian instructors from the Tennessee and Kentucky Rifle Association. Soldiers learned techniques helping them engage targets up to 500 meters away using standard Army optics.

The Soldiers then advanced to the Close Quarter Combat. They learned to shoot from various positions and while on the move.

"On the two days on the flat range we had over 50,000 rounds to use which worked out to about 1,000 rounds per person per day," said Owen, "to be able to just

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Westmoreland

RAK 7 Notes

To my fellow Rakkasans, active duty and veterans, I have been in position as your BCT CSM for 3 months and during my battles circulations throughout the units I have been impressed by the true display of warrior ethos. Every day the Rakkasans continue to hone their war-fighting skills. I was impressed to see members of our support battalions taking part in IMPACT training last week. We are all warriors first, regardless of duty, rank or position.

3/187 continues sharpening their marksmanship skills by conducting an 11 day Iron Expert marksmanship program. Job well done goes out to the Iron Rakkasans for getting approximately 90% of their Soldiers expert qualified on the M-4.

1/187 and 2/187 continue to sharpen their fighting skills practicing room entering and clearing skills and techniques.

Not only do we continue to prepare for combat, we were able to take the opportunity to support the Exeptional Family Member Program by providing 81 Rakkasans to be buddies for children of Soldiers. I applaud everyone who participated and for mentoring these children.

On a somber note, I regret to inform you that we have lost two Rakkasans in the past month, Spc. Lugo from 3/320 and Ret. Gen. William Westmorland (former Rak 6 and 101st Division Commander). It is a very tragic loss and they will be missed, but never forgotten.

See next issue
for Deployment
Readiness Info.

Little IMPACT

work on their malfunction drills, magazine changes, and shooting around obstacles.”

All the aforementioned training gets them prepared for the Close Quarter Battle, or CQB at the Shoot house.

“If we need those support units to come back us up it’s good for them to know at least a small amount of our job,” said Spc. Chad Highland, 3/187, IMPACT instructor.

Usually Soldiers in non-combat MOS’s do not get enough trigger time to enhance and perfect their marksmanship skills. Working from morning until night, IMPACT gives the Soldiers the time and ammunition to improve these skills.

All around the training site the Soldiers agree on the effectiveness of the IMPACT training.

“It’s a really hard course, but it has prepared me a lot more (for combat) than any training I’ve ever received”, said Sgt Derrick Sailer, Alpha Co. 626 BSB. 卐

Upcoming Events

Building Strong and Ready Families

A marriage retreat for SFC’s and above is being held at the OpryLand Hotel and Conference Center in Nashville 19 through 20 Aug. Contact your unit chaplain for more information.

BOSS

Single Soldiers Day at Destiny Pavilion 28 Aug. FREE bar-b-q, drinks, games and bike show.

Veteran’s Home Trip to Murfreesboro, TN 27 July. 55 seats available

For **BOSS** info call 798-7858

Seatbelts Save Lives



Within the last 60 Days, 6 soldiers from the RAKKASANS escaped from injuries and being crushed underneath the vehicles they were operating by wearing Seat Belts. The speed of vehicle prior to the each accident was less 10 MPH.

The reason this vehicle did roll was because depth of the ditch. If the driver and TC had not been wearing seatbelts, they would have fallen on-top of each other and possible out of the vehicle!

The figures are familiar: 40,000 people die each year in car accidents, the leading cause of death for people under the age of 35. Safety belts can prevent death in about half of these accidents. If you know this and are still not wearing a safety belt, you may need to ask yourself why not. But first, let’s look at what happens when a car crashes.

The Human Collision

Imagine running as fast as you can - into a wall. You’d expect to get pretty banged up. Do you think you could stop yourself if the wall suddenly loomed up when you were two

feet away from it? This is exactly the situation you face when the front of your car hits something at only 15 miles an hour. The car stops in the first tenth of a second, but you keep on at the same rate you were going in the car until something stops you - the steering wheel, dashboard or windshield - if you’re not wearing your safety belt. Bad enough at 15 miles an hour, but at 30 miles you hit “the wall” four times as hard as you would at 15. Or to put it another way, with the same impact you’d feel as if you fell three stories. (How many people would swan dive off a three story building onto a steering wheel and hope to escape unscathed?)

A properly worn safety belt keeps that second collision - the human collision - from happening.

By wearing his seatbelt and ensuring all cargo was properly secured, the Soldier was not injured and did not fall out of the vehicle.

Remember, You Must Survive First, To Continue the Fight!

RAK Safety 798-7006

3rd BCT Public Affairs Staff

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We welcome the submission of news items, articles, and photographs. Submissions should be made to the 3rd BCT Public Affairs Office, Bldg. 6760 A Shau Valley Rd., Ft. Campbell. Items may be telephoned to (270) 798-6542 or emailed to jesse.riggin@campbell.army.mil.

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Soldiers Spend Special Time With Special Kids



Photos by Pfc. Matt Wrzesinski



Rakkasans sponsored the annual Exceptional Family Member Camp June 11-22. The camp was open to all active duty and retired military family members with special needs. The counselors were volunteer Soldiers from around the division. Activities during the camp included swimming, playing pool, dancing and making crafts. The camp also took field trips to the bowling alley, movies, and to Venture Waterpark. The camp gave the Soldiers one last chance to reach out to the community before the upcoming deploy-



Chaplains Corner



SPC. ALLEN J. LUGO

17 Jan. 1983—30 June 2005

"The Lord is my Shepherd..." in times of sorrow many people turn to the 23rd Psalm of David. After the passing of SPC Alan, Ana, and Michele Lugo the soldiers and friend of Bravo Battery 3-320th Field Artillery did the same.

In this beautiful passage David comforts us with the thought that our God is like a Shepherd. The job of a shepherd is a dirty, smelly, mainly unappreciated (at least by the sheep) job. The shepherd is there to protect his sheep, he also cares for them, binds up their wounds, finds them food, and leads them to still waters. This is exactly what the Lord does for His people. The Lord leads His people besides still waters and into green pastures when they face the specters of death. Even when we face that great unknown (death) our Lord stands by us, with his rod and staff. staff were tools used protection. David used to comfort the nally this beautiful even in the midst of a make sense God pre-The Lord cares for of which is that the His goodness follow days.



A shepherd's rod and for correction and tells us that they are people of God. Fi-passage tells that world that does not pares a feast for us. his people, the result mercy of God and His people all of their

The loss of a soldier is devastating to any unit, but when it is the entire family the weight of the loss cannot even be expressed. Alan Lugo was a good Soldier, his friends, and superiors will attest to his skill as an artilleryman. But more importantly he was a good man. Those who speak of Alan remember him with a smile and a laugh. As his chaplain I remember the first field exercise we were on together and the joy he found in teaching all he knew about artillery.

I offer you the same comfort that I offered Alan's friends. As Believers we do not mourn as those who have no hope. We take the lessons we learned from our friend and we apply them to our lives. We place others first; Alan would always think of his friends and family before himself. We become the best we can be at the job we do; SPC Lugo was absolutely great at what he did. We remember to have fun every chance we get; anyone who remembers Alan will remember his smile and the way he always tried to encourage those around him. Through this tragedy we have learned that it is not how many badges, ribbons or awards that man wins or wears, rather, it is the impact on the lives of others that is the true testimony of a man. SPC Alan J. Lugo was indeed a great man and he will be remembered forever.

CH (CPT) Jason McCash
3-320 FA



How to deal with the death of a loved one
By CH (CPT) Jason A. McCash

At one time or another everyone will lose a loved one, friend or co-worker, this is an undeniable fact. It is at these times that we feel alone, abandoned and even forgotten by the world. I do not claim to be an expert on grieving, however I would like to offer some suggestions on how to deal with such losses.

One of the first things that a person feels upon hearing of the death of a loved one is the overwhelming sense of being left alone. In Psalm 46 the Lord God promises that we are never left all by ourselves. How can a person overcome this paralyzing sense of solitude? There are several ways: faith, family, friends, and hope.

I close here with hope. Hope is one of the greatest gifts that God has given us. I would offer you this advice: it is natural to weep and mourn the loss of a loved one. But realize that the pain you felt will not last forever. Our Lord does not want us to be sad forever; peace does indeed come to those who mourn. "Blessed are those who mourn, for they shall be comforted." (Matthew 5:4).

Around the Brigade

Iron Experts are Setting the Standard



Photo By Staff Sgt. Jesse C. Riggin

Staff Sgt. Charles Goodwin coaches Pvt. Steven Caudill as part of 3rd Bn.'s Iron Expert training program.

Iron Expert is a 14 day marksmanship program designed to help all individuals in 3rd Bn. who have not qualified as experts with their M-4s to do so.

It begins with two days of classroom instruction on basic marksmanship as well as ballistics and trajectory. The remaining 12 days are dedicated entirely to zeroing and qualifying.

Approximately 180 soldiers participated in Iron Expert and of those soldiers over 70 qualified expert.



Mortar Section Stays Sharp



Photo By Staff Sgt. Jesse C. Riggin

Spc. Nathan Line, A Co. 2/187 Mortar Section, conducts a Mortar Gunner Exam led by his section NCOIC, Sgt. Clifton Sanders, behind the 2nd Bn. AO.

In the test, the gunners were given just a few seconds to properly aim the mortar at a pre-determined location.

The event was more than standard qualification. The section was also training up the newest member of their team who has just graduated from AIT and will be with them on the upcoming deployment.

PVT. MURPHY



(C) M. Baker 2005

GENERAL WESTMORELAND

26 MARCH 1914 - 18 JULY 2005



Photos courtesy of the United States Military Academy Public Affairs Office

General William Westmoreland was born March 26th, 1914, in Spartanburg County, South Carolina. He graduated from the United States Military Academy and was commissioned as a 2nd Lt. of field artillery in 1936.

General Westmoreland served with distinction during his 36 years in the Army. He commanded a field artillery battalion in North Africa and Italy in World War II and in 1944 went ashore with the 9th Infantry Division at Normandy. During the

Korean War, he commanded the 187th Airborne Regimental Combat Team. In postwar years he served in various command and staff positions including service on the Army staff as Deputy Assistant Chief of Staff, G-1, and Secretary of the Army Staff. Subsequently, General Westmoreland served as commanding general of the 101st Airborne Division from 1958 – 1960; superintendent of the U.S. Military Academy from 1960 – 1963; acting commander, later Commanding General, United States Strategic Army Corps and XVIII Airborne from 1963



– 1964; Deputy Commander, later commander, United States Military Assistance Command, Vietnam and Commanding General, United States Army, Vietnam From 1964 – 1968; and Chief of Staff, United States Army from 1968 – 1972.

His Military decorations include the Distinguished Service Medal with three Oak Leaf Clusters; The Legion of Merit with 2 Oak Leaf Clusters; The Bronze Star with Oak Leaf Cluster; The Air Medal with nine Oak Leaf Clusters; The Combat Infantryman Badge; The Master Parachutist Badge; The Glider Badge; The Joint Chiefs of Staff Identification Badge; The Army General Staff Identification Badge and many foreign awards.